A Level Biology

Transition Pack

Why Study Biology?

Biology is the study of living things, but not just animals and plants. You will also learn about molecules that make living things work, the cells that they are made from, the systems within plants and animals, and the interconnections between organisms.

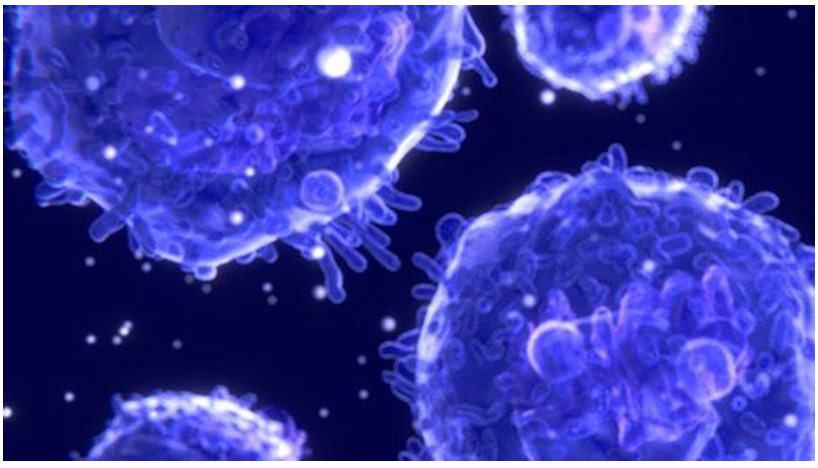
Biology A-level will give you the skills to make connections and associations with all living things around you. Biology literally means the study of life – and if that's not important, what is? Being such a broad topic, you're bound to find a specific area of interest, plus it opens the door to a fantastic range of interesting careers.

Many people use an A-level in Biology in their future studies or work. Even if you do not decide to work in biology, studying it still develops useful and transferable skills for other careers. You will develop research, problem solving and analytical skills, alongside teamwork and communication. Universities and businesses regard all of these very highly.

Biology at A-level

Biology is a challenging subject, which requires the learner to fully apply themselves from the beginning of the course. The learner will need to be able to recall a lot of factual information, be able to apply that knowledge to a range of different contexts, be able to interpret information and data with detail and accuracy, and have an extensive background knowledge to bring the ideas together.

Students can find the transition from GCSE to A-level Biology difficult. This pack has been put together to help you begin that adaptation, and be ready to start the course in September. It contains a range of resources and tasks that you can engage with for the remainder of the summer term and holidays.



Pre-Knowledge Activities

A level Biology will use your knowledge from GCSE and build on it. This will help you to understand more difficult ideas. Complete these tasks in order to make sure your knowledge is up to date.

SI units

Every measurement must have a size (eg 2.7) and a unit (eg metres or °C). Sometimes, there are different units available for the same type of measurement. For example, ounces, pounds, kilograms and tonnes are all used as units for mass.

To reduce confusion, and to help with conversion between different units, there is a standard system of units called the SI units which are used for most scientific purposes.

These units have all been defined by experiment so that the size of, say, a metre in the UK is the same as a metre in China.

The seven SI base units are:

Physical quantity	Usual quantity symbol	Unit	Abbreviation
mass	m	kilogram	kg
length	l or x	metre	m
time	t	second	s
electric current	I	ampere	A
temperature	T	kelvin	K
amount of substance	N	mole	mol
luminous intensity	(not used at A-level)	candela	cd

All other units can be derived from the SI base units.

For example, area is measured in square metres (written as m^2) and speed is measured in metres per second (written as ms^{-1}).

It is not always appropriate to use a full unit. For example, measuring the width of a hair or the distance from Manchester to London in metres would cause the numbers to be difficult to work with.

Prefixes are used to multiply each of the units. You will be familiar with centi (meaning 1/100), kilo (1000) and milli (1/1000) from centimetres, kilometres and millimetres.

There is a wide range of prefixes. The majority of quantities in scientific contexts will be quoted using the prefixes that are multiples of 1000. For example, a distance of 33 000 m would be quoted as 33 km.

The most common prefixes you will encounter are:

Prefix	Symbol	Multiplication factor		
Tera	T	10^{12}	1 000 000 000 000	
Giga	G	10^{9}	1 000 000 000	
Mega	M	10^{6}	1 000 000	
kilo	k	10^{3}	1000	
deci	d	10^{-1}	0.1	1/10
centi	c	10^{-2}	0.01	1/100
milli	m	10^{-3}	0.001	1/1000
micro	μ	10^{-6}	0.000 001	1/1 000 000
nano	n	10^{-9}	0.000 000 001	1/1 000 000 000
pico	p	10^{-12}	0.000 000 000 001	1/1 000 000 000 000
femto	f	10^{-15}	0.000 000 000 000 001	1/1 000 000 000 000 000

Activity 1

Which SI unit and prefix would you use for the following quantities?

1. The time between heart beats
2. The length of a leaf
3. The distance that a migratory bird travelled each year
4. The width of a cheek cell
5. The mass of a rabbit
6. The mass of iron in the body
7. The volume of the trunk of a large tree

Sometimes, there are units that are used that are not combinations of SI units and prefixes.

These are often multiples of units that are helpful to use. For example, one litre is 0.001 m^3, or one day is 86 400 seconds.

Activity 2

Choose the most appropriate unit, and estimate the size of each of the following.

1. The mass of an elephant
2. The mass of an earthworm
3. The volume of water in a teardrop
4. The volume of water in a pond
5. The time taken for a sunflower to grow
6. The temperature difference between the blood in the heart and in the ear on a cold day
7. The width of a hair
8. The length that your fingernails grow each day
9. The total length of each of the hairs on your head

Activity 3

Put the following in order of size:

height of an elephant; length of DNA strand; width of a hair; height of a tree; width of a sodium ion; length of a nerve cell; length of a heart; width of a red blood cell; size of a virus; length of a finger; length of a mosquito; length of a human digestive system; width of a field; length of a water molecule.

You will have come across most of the words used in practical work in your GCSE studies. It is important that you use the right definition for each word.

Activity 4

Join the boxes to link the word to its definition.

Accurate	A statement suggesting what may happen in the future.
Data	An experiment that gives the same results when a different person carries it out, or a different set of equipment or technique is used.
Precise	A measurement that is close to the true value.
Prediction	An experiment that gives the same results when the same experimenter uses the same method and equipment.
Range	Physical, chemical or biological quantities or characteristics.
Repeatable	A variable that is kept constant during an experiment.
Reproducible	A variable that is measured as the outcome of an experiment.
Resolution	This is the smallest change in the quantity being measured (input) of a measuring instrument that gives a perceptible change in the reading.
Uncertainty	The interval within the true value can be expected to lie.
Variable	The spread of data, showing the maximum and minimum values of the data.
Control variable	Measurements where repeated measurements show very little spread.
Dependent variable	Information, in any form, that has been collected.

Cells

All life on Earth exists as cells. These have basic features in common.

Activity 5

Complete the table.

Structure	Function
Cell-surface membrane	
Chloroplast	
Cell vacuole	
Mitochondria	
Nucleus	
Cell wall	
Chromosomes	
Ribosomes	

Photosynthesis and respiration

Two of the most important reactions that take place in living things are photosynthesis and respiration. They both involve transfer of energy.

Activity 6

Complete the table.

	Photosynthesis	Aerobic respiration
Which organisms carry out this process?		
Where in the organisms does the process take place?		
Energy store at the beginning of the process	Sun	
Energy store at the end of the process		In cells
Reactants needed for the process		
Products of the process		
Overall word equation		
Balanced symbol equation for the overall process		

Which of the answers for aerobic respiration would be different for anaerobic respiration? Add these answers to the table in a different colour.

Principles of moving across boundaries

In biology, many processes involve moving substances across boundaries.

Activity 7

Match the examples to the principle(s) involved. For each, give a brief description of why it is relevant.

Osmosis

Diffusion

Active transport

Changing surface area or length

Examples

Drinking a sports drink after exercise

Gas exchange in the lungs

Absorbing nutrients from food into the body

Moving ions into cells

The effect of salt on slugs

Penguins huddling together to keep warm

Potato pieces get heavier when put in pure water

Potato pieces get lighter when put in very salty water

Cacti do not have thin, large leaves

Genetic inheritance

Activity 8

Huntington's disease is an example of a disease where the mutation causing the disease is dominant.

h: normal (recessive)

H: mutation (dominant)

		Paternal alleles	
		H	h
Maternal alleles	h		
	h		

Cystic fibrosis is an example of a disease where the mutation causing the disease is recessive.

F: normal (recessive)

f: mutation (dominant)

		Paternal alleles	
		F	f
Maternal alleles	F		
	f		

For each of the Punnett squares:

1. Complete the diagrams to show the alleles for each child.
2. State which parent and child is:
    - healthy
    - has the disease
    - a carrier.

Activity 8 (continued)

Each of the following statements is false. Re-write each one so that it becomes true.

1. The first Punnett square shows that one in every four children from this couple will have Huntington's disease.

2. The second Punnett square shows that there is a one in three chance that a child born to this couple will have cystic fibrosis.

3. All children of the second couple will either be carriers or suffer from cystic fibrosis.

4. The percentage of children who are sufferers on the diagram is the same as the percentage of children each couple will have who are sufferers.

5. Having one child who is born with cystic fibrosis means that the next three children will not have the disease.

6. A 50:50 chance is the same as a 0.25 probability.

Analysing data

Biological investigations often result in large amounts of data being collected. It is important to be able to analyse this data carefully in order to pick out trends.

Activity 9: Mean, media, mode and scatter graphs

A student investigated an area of moorland where succession was occurring. She used quadrats to measure the area covered by different plant species, bare ground and surface water every 10 metres along a transect. She also recorded the depth of soil at each quadrat. Her results are shown in the table.

	Area covered in each quadrat A to E in cm^2				
	A	B	C	D	E
Bog moss	55	40	10	–	–
Bell heather	–	–	–	15	10
Sundew	10	5	–	–	–
Ling	–	–	–	15	20
Bilberry	–	–	–	15	25
Heath grass	–	–	30	10	5
Soft rush	–	30	20	5	5
Sheep's fescue	–	–	25	35	30
Bare ground	20	15	10	5	5
Surface water	15	10	5	–	–
Soil depth / cm	3.2	4.7	8.2	11.5	14.8

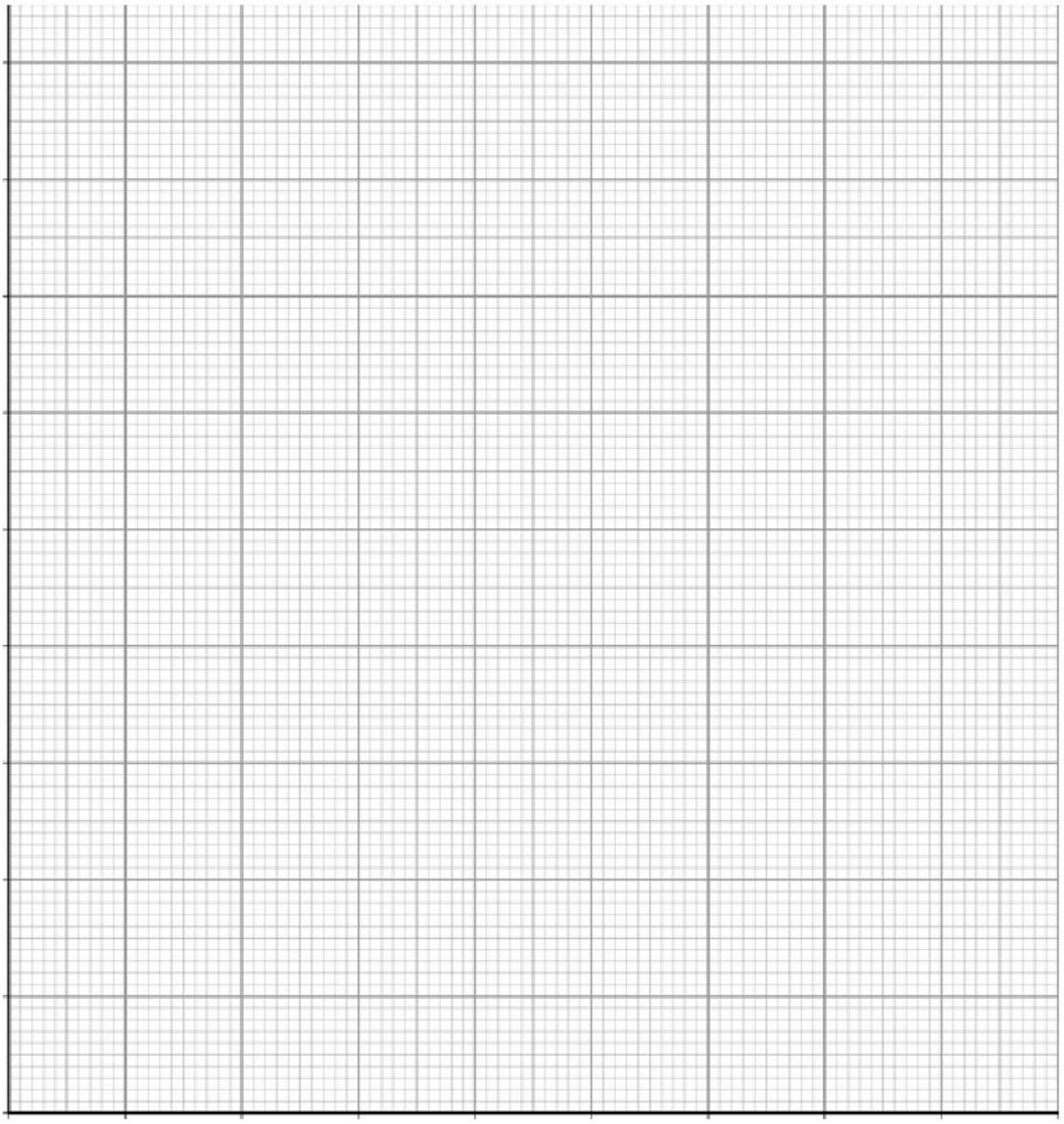
– indicates zero cover.

Calculate:

1. the mode area of soft rush in the sample
2. the mean soil depth
3. the median amount of bare ground in the sample.

Activity 9: Mean, media, mode and scatter graphs (continued)

Use the data from the table to plot a scatter graph of soil depth against the area covered by bare ground, soft rush and bog moss (use different colours or markers for each).



Activity 9: Mean, media, mode and scatter graphs (continued)

4. What conclusions does your graph suggest?

5. How confident are you in these conclusions?

Activity 10: Analysing tables

Lung cancer, chronic bronchitis and coronary heart disease (CHD) are associated with smoking. Tables 1 and 2 give the total numbers of deaths from these diseases in the UK in 1974.

Table 1 Men

Age/years	Number of deaths (in thousands)		
	lung cancer	chronic bronchitis	coronary heart disease
35–64	11.5	4.2	31.7
65–74	12.6	8.5	33.3
75+	5.8	8.1	29.1
Total (35–75+)	29.9	20.8	94.1

Table 2 Women

Age/years	Number of deaths (in thousands)		
	lung cancer	chronic bronchitis	coronary heart disease
35–64	3.2	1.3	8.4
65–74	2.6	1.9	18.2
75+	1.8	3.5	42.3
Total (35–75+)	7.6	6.7	68.9

Activity 10: Analysing tables (continued)

1. Of the men who died aged 35-64 from one of these three causes, what percentage of them died of lung cancer?

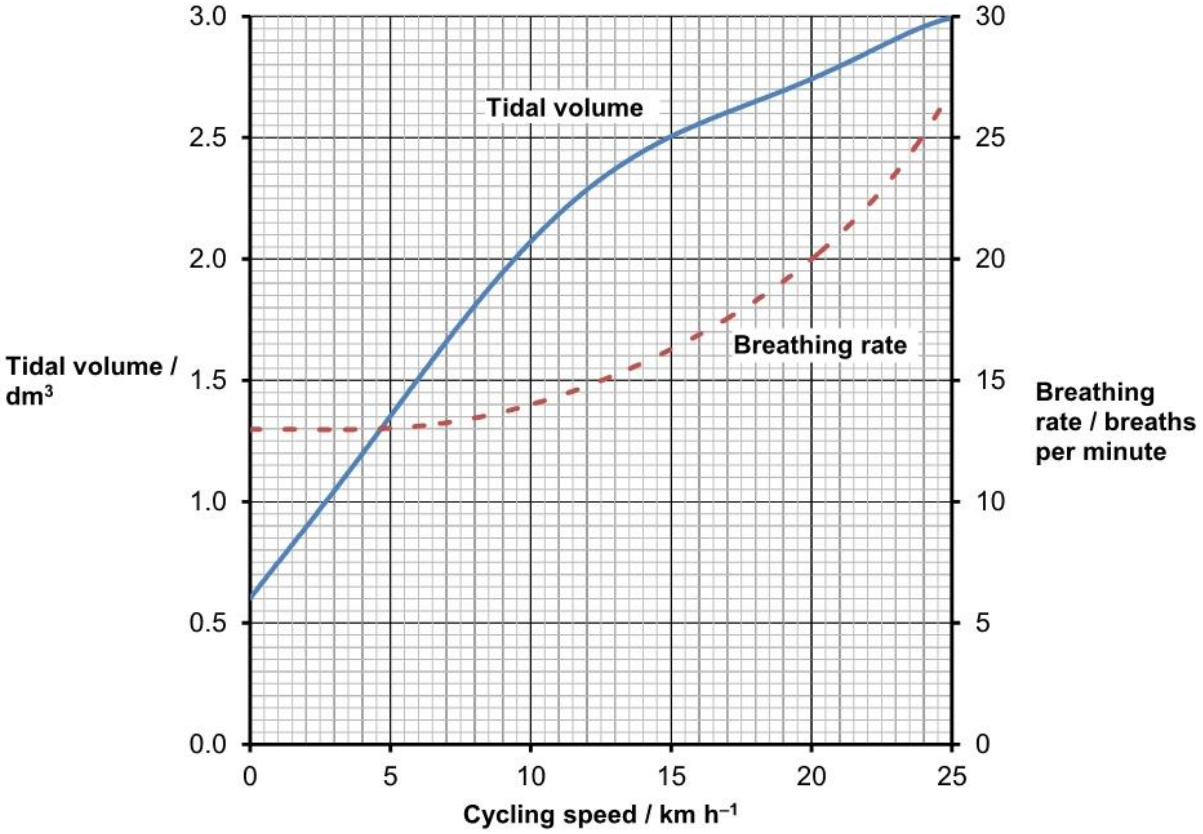
2. What percentage of deaths from chronic bronchitis in women happened to women aged 65-74?

3. Deaths from lung cancer drop as people get older. Is there a bigger percentage difference for men or women from 35-64 to 75+?

4. What fraction of coronary heart disease deaths of men over 34 are in the 75+ bracket? What about for women?

Activity 11: Analysing complex graphs

The volume of air breathed in and out of the lungs during each breath is called the tidal volume. The breathing rate and tidal volume were measured for a cyclist pedaling at different speeds. The graph shows the results.



1. What was the tidal volume when the cycling speed was 17 km h^{-1}?
2. What was the breathing rate when the cycling speed was 8 km h^{-1}?
3. What was the change in breathing rate when the cyclist changed from 10 to 20 km h^{-1}? Express this as a percentage.
4. At what speed did the breathing rate start to increase?
5. The tidal volume increased linearly with cycling speed up to about 10 km h^{-1}. Calculate the increase in volume for each increase in speed of 1 km h^{-1}.
6. For this initial linear section, what is the equation of the tidal volume line?

   Hint: use $y=mx+c$

Extended Tasks

Complete these extended tasks designed by the PiXL Club to enhance your understanding of key biological concepts.

DNA and the Genetic Code

In living organisms nucleic acids (DNA and RNA have important roles and functions related to their properties. The sequence of bases in the DNA molecule determines the structure of proteins, including enzymes.

The double helix and its four bases store the information that is passed from generation to generation. The sequence of the base pairs adenine, thymine, cytosine and guanine tell ribosomes in the cytoplasm how to construct amino acids into polypeptides and produce every characteristic we see. DNA can mutate leading to diseases including cancer and sometimes anomalies in the genetic code are passed from parents to babies in disease such as cystic fibrosis, or can be developed in unborn foetuses such as Downs Syndrome.

Read the information on these websites (you could make more Cornell notes if you wish):

http://www.bbc.co.uk/education/guides/z36mmp3/revision

http://www.s-cool.co.uk/a-level/biology/dna-and-genetic-code

And take a look at these videos:

http://ed.ted.com/lessons/the-twisting-tale-of-dna-judith-hauck

http://ed.ted.com/lessons/where-do-genes-come-from-carl-zimmer

Task:

Produce a wall display to put up in your classroom in September. You might make a poster or do this using PowerPoint or similar Your display should use images, keywords and simple explanations to:

Define gene, chromosome, DNA and base pair

Describe the structure and function of DNA and RNA

Explain how DNA is copied in the body

Outline some of the problems that occur with DNA replication and what the consequences of this might be.

Evolution

Transfer of genetic information from one generation to the next can ensure continuity of species or lead to variation within a species and possible formation of new species. Reproductive isolation can lead to accumulation of different genetic information in populations potentially leading to formation of new species (speciation). Sequencing projects have read the genomes of organisms ranging from microbes and plants to humans. This allows the sequences of the proteins that derive from the genetic code to be predicted. Gene technologies allow study and alteration of gene function in order to better understand organism function and to design new industrial and medical processes.

Read the information on these websites (you could make more Cornell notes if you wish):

http://www.bbc.co.uk/education/guides/z237hyc/revision/4

http://www.s-cool.co.uk/a-level/biology/evolution

And take a look at these videos:

http://ed.ted.com/lessons/how-to-sequence-the-human-genome-mark-j-kiel

http://ed.ted.com/lessons/the-race-to-sequence-the-human-genome-tien-nguyen

Task:

Produce a one page revision guide for an AS Biology student that recaps the key words and concepts in this topic. Your revision guide should:

Describe speciation

Explain what a genome is

Give examples of how this information has already been used to develop new treatments and technologies.

Biodiversity

The variety of life, both past and present, is extensive, but the biochemical basis of life is similar for all living things. Biodiversity refers to the variety and complexity of life and may be considered at different levels. Biodiversity can be measured, for example within a habitat or at the genetic level. Classification is a means of organising the variety of life based on relationships between organisms and is built around the concept of species. Originally classification systems were based on observable features but more recent approaches draw on a wider range of evidence to clarify relationships between organisms. Adaptations of organisms to their environments can be behavioural, physiological and anatomical. Adaptation and selection are major factors in evolution and make a significant contribution to the diversity of living organisms.

Read the information on these websites (you could make more Cornell notes if you wish):
http://www.s-cool.co.uk/a-level/biology/ecological-concepts
http://www.s-cool.co.uk/a-level/biology/classification

And take a look at these videos:
http://ed.ted.com/lessons/why-is-biodiversity-so-important-kim-preshoff
http://ed.ted.com/lessons/can-wildlife-adapt-to-climate-change-erin-eastwood

Task:

Write a persuasive letter to an MP, organisation or pressure group promoting conservation to maintain biodiversity.

Your letter should:
Define what is meant by species and classification
Describe how species are classified
Explain one way scientists can collect data about a habitat, giving an example
Explain adaptation and how habitat change may pose a threat to niche species

Biological Molecules

Biological molecules are often polymers and are based on a small number of chemical elements. In living organisms carbohydrates, proteins, lipids, inorganic ions and water all have important roles and functions related to their properties. DNA determines the structure of proteins, including enzymes. Enzymes catalyse the reactions that determine structures and functions from cellular to whole-organism level. Enzymes are proteins with a mechanism of action and other properties determined by their tertiary structure. ATP provides the immediate source of energy for biological processes.

Read the information on these websites (you could make more Cornell notes if you wish):
http://www.s-cool.co.uk/a-level/biology/biological-molecules-and-enzymes
http://www.bbc.co.uk/education/guides/zb739j6/revision

And take a look at these videos:
https://www.youtube.com/watch?v=H8WJ2KENlK0
http://ed.ted.com/lessons/activation-energy-kickstarting-chemical-reactions-vance-kite

Task:

Krabbe disease occurs when a person doesn't have a certain enzyme in their body. The disease effects the nervous system. Write a letter to a GP or a sufferer to explain what an enzyme is.

Your poster should:
Describe the structure of an enzyme
Explain what enzymes do inside the body

Ecosystems

Ecosystems range in size from the very large to the very small. Biomass transfers through ecosystems and the efficiency of transfer through different trophic levels can be measured. Microorganisms play a key role in recycling chemical elements. Ecosystems are dynamic systems, usually moving from colonisation to climax communities in a process known as succession. The dynamic equilibrium of populations is affected by a range of factors. Humans are part of the ecological balance and their activities affect it both directly and indirectly. Effective management of the conflict between human needs and conservation help to maintain sustainability of resources.

Read the information on these websites (you could make more Cornell notes if you wish):
http://www.bbc.co.uk/education/guides/z7vqtfr/revision
http://www.s-cool.co.uk/a-level/biology/ecological-concepts

And take a look at these videos:
https://www.youtube.com/watch?v=jZKIHe2LDP8
https://www.youtube.com/watch?v=E8dkWQVFAoA

Task:
Produce a newspaper or magazine article about one ecosystem (e.g. the arctic, the Sahara, the rainforest, or something closer to home like your local woodland, nature reserve or shore line).
Your article should include:
Key words and definitions
Pictures or diagrams of your chosen ecosystem.
A description of the changes that have occurred in this ecosystem
An explanation of the threats and future changes that may further alter this ecosystem.

Energy for Biological Processes

In cellular respiration, glycolysis takes place in the cytoplasm and the remaining steps in the mitochondria. ATP synthesis is associated with the electron transfer chain in the membranes of mitochondria and chloroplasts in photosynthesis energy is transferred to ATP in the light- dependent stage and the ATP is utilised during synthesis in the light-independent stage.

Read the information on these websites (you could make more Cornell notes if you wish):
http://www.bbc.co.uk/education/guides/z7vqtfr/revision
http://www.s-cool.co.uk/a-level/biology/ecological-concepts

And take a look at these videos:
https://www.youtube.com/watch?v=jZKIHe2LDP8
https://www.youtube.com/watch?v=E8dkWQVFAoA

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A description of the changes that have occurred in this ecosystem
An explanation of the threats and future changes that may further alter this ecosystem.

Other Activities

Reading Recommendations:

- Junk DNA by Nessa Carey. An excellent book which will massively extend your understanding of Genetics.
- The Red Queen by Matt Ridley. An interesting exploration of the role of sex in evolution.
- Frankenstein's Cat by Emily Anthes. Find out how humans are playing god with the animal kingdom.
- Introducing Epigenetics: A graphic guide by Cath Ennis. Epigenetics is the most exciting field in biology today.

TED Talks:

Go onto https://www.ted.com/talks and search for Biology. There is a huge range of amazing and inspirational videos, so click and watch a few that take your interest.

Useful Websites:

- www.rsb.org.uk – The work with everyone from government policy makers to students, and well as universities and researchers studying biology. Their website includes a dedicated student section.
- learn.genetics.utah.edu/ - Learn genetics has lots of interactive resources you can explore.
- www.zsl.org/conservation - Read case studies on conservation projects.